

# WHERE YOU GO FOR YOUR CARE MATTERS

For most medical problems you should go to your regular health care provider first. You get the best care because they know you and your medical history. No matter where you go for care, be sure to bring a list of the current medications you are taking.

## PRIMARY CARE CLINICS

The best place to get care is your primary care clinic for common illnesses, minor injuries and routine health exams. Your doctor can also help you manage your health over time.

You should make an appointment with your clinic for:

- Common illnesses such as colds, flu, ear aches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries
- Regular physicals, prescription refills, vaccinations and screenings
- A health problem where you need advice

Overlake Medical Clinics primary care locations have a physician on-call 24/7.

**MEDICAL TOWER (hospital campus): 425-289-3100**

**ISSAQUAH: 425-688-5488**

**DOWNTOWN BELLEVUE: 425-635-6350**

**KIRKLAND: 425-635-6470**

**BELLEVUE SENIOR HEALTH CLINIC: 425-688-5234**

**REDMOND: 425-635-6430**

## URGENT CARE CLINICS

When your doctor is not available, urgent care clinics provide attention for non-life threatening medical problems or problems that could become worse if you wait.

When your regular doctor or health care provider is not available, you should go to urgent care for:

- Common illnesses such as colds, the flu, ear aches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries

Overlake's Urgent Care clinics provide walk-in appointments.

### **DOWNTOWN BELLEVUE URGENT CARE**

400 108th Ave NE  
425-635-6550

Monday to Saturday, Noon - 10 p.m.

### **ISSAQUAH URGENT CARE**

5708 E. Lake Sammamish Parkway SE  
425-688-5777  
7 a.m. - 11 p.m.

### **REDMOND URGENT CARE**

17209 Redmond Way  
425-635-6400  
7 a.m. - 11 p.m.



OR

## EMERGENCY DEPARTMENT

You should use Overlake's emergency department for very serious or life threatening problems. If you are experiencing any of the following symptoms, don't wait! Call 911 or get to your nearest hospital emergency room.

- Chest pain
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns
- Deep cuts or bleeding that won't stop
- Sudden blurred vision
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or loss of coordination or balance
- Numbness in the face, arm or leg
- Sudden, severe headache (not a migraine)
- Seizures
- High fevers
- Any other condition you believe is life threatening



1035 116<sup>TH</sup> Avenue NE, Bellevue, WA 98004